



St. Lawrence County
Office for the Aging

(315) 386-4730

Website:

[Office for the Aging](#)
[St. Lawrence County](#)

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Mature Living

- Published by: St. Lawrence County Office for the Aging
- Supported by:
The Administration for Community Living, NYS Office for the Aging and St. Lawrence County



Mature Living



July 2025



Happy Summer! It is one of our favorite times of the year! There is just nothing like a beautiful, sunny day to brighten your spirits. There are a lot of events going on this Summer. First up is StateWide's Seniorama on July 28th! Then on August 14th, we will host the Annual Senior Picnic at the Gouverneur Community Center. **Lunch Tickets must be reserved in advance by August 7th by calling (315) 386-4730.**



SENIORAMA 2025

Presented by the North Country Chapter
of NY StateWide Senior Action Council

Free Health and Information Fair for Older Adults and their Families

★★★★ DOOR PRIZES! ★★★★★

JULY 28, 2025 • 10 AM - 2 PM

Akwesasne Mohawk Casino Resort Bingo Palace
State Route 37, Hogansburg

For more information contact:
Barb McBurnie, (315) 261-2980



STATE WIDE
New York StateWide Senior Action Council, Inc
4 Computer Drive West, Suite 205, Albany, NY 12205 • Fax 518-436-7642
www.nysenior.org • 800-333-4374



Farmers Market Coupons

We hope to have Farmers Market Coupons available July 1st. However, we were notified by the State that they are being mailed out the last week of June, which could delay our distributions if they don't arrive by July 1st. Please call before stopping by to ensure we have received the coupons. Eligible clients will be able to pick them up in person at the office, Monday - Friday between the hours of 8 am - 4 pm. Please note that the office will be closed on July 4th. Please see the distribution schedule below for when we will be in your area with the coupons. For more information, please call 315-386-4730. Schedule subject to change based on coupon availability. **If you need a ride to a Distribution Site, please call Public Transportation at 315-386-2600 and ask about the First Mile, Last Mile Program!*

Rules and Procedures For All Locations:

- ♦ Only one coupon booklet, per eligible senior in each household; while quantities last.
- ♦ **The eligible senior must sign up in person.** An eligible Health Care Proxy/ Power of Attorney with proper paperwork; can sign for the coupons with a signed proxy form signed in advance by the client!

Farmers Market Coupon Eligibility Requirements:

1. Must be age 60 or above **AND**
2. **Monthly Income at/or Below 185% of Federal Poverty Level:** \$2,413/month (for a one-person household); Or \$3,261/month (for a two-person household); Or \$4,109/month (for a three-person household);

2025 FMC Distribution Schedule

<u>Date</u>	<u>Time</u>	<u>Location</u>
7/12	9:00 am – 2:00 pm	Potsdam Farmers Market/Summer Fest
7/17	9:30 am – 10:30 am	Gouverneur Nutrition Center
7/17	11:00 am-11:30 am	Gouverneur Cambray Terrace
7/17	12:00-2:00 pm	Gouverneur Farmers Market
7/18	9:00 am -12:00 pm	Canton Farmers Market-Village Park
7/21	9:30 am -10:30 am	Massena-Laurel Terrace
7/21	11:00 am -12:00 pm	Massena-Grasmere Terrace
7/22	9:30 am -10:30 am	Potsdam Nutrition Center-Midtown Apartments
7/22	11:00 am - 12:00 pm	Mayfield Senior Housing Community Rm-Potsdam
7/23	9:30 am - 10:30 am	Ogdensburg Nutrition Center-Centennial Terrace
7/23	11:00 am - 12:00 pm	Ogdensburg - Parkview Sr. Housing
7/24	10:30 am - 11:30 am	Brasher Nutrition Center, LBSH
7/25	9:30 am - 10:30 am	Star Lake Nutrition Center
7/28	9:30 am -10:30 am	Canton Nutrition Center, Riverside Dr. (Community Rm)
7/31	10:30 am to 11:30 am	HSB Main Lobby *CCE tasting event

Farmers Market Coupons can only be used at participating vendors at the Farmers Market. **Coupons also can only be used for fruits and vegetables.**

While the eligible senior must sign for the coupons in person or a POA on their behalf, anyone can shop for them using the coupons!

Each year only 1/2 of all distributed coupons are redeemed. Please make sure to use your coupons once you receive them. They can be used at any participating Farmers Market in New York State!



The Bonus Bucks cost-sharing program allows income-eligible St. Lawrence County residents to stretch their food dollars, support their local farmers, and take advantage of the great local food we have right here in St. Lawrence County.

Purchase a Community Supported Agriculture (CSA) Share, or shop at any of the following five St. Lawrence County farmers markets: Canton, Potsdam, Massena, Gouverneur, and Hammond!

Call GardenShare at (315) 261-8054 to learn more about this program!

St. Lawrence County Office for the Aging & County Council of Senior Citizens

ANNUAL SENIOR PICNIC

August 14, 2025

Gouverneur Community Center: 4673 SH 58, Gouverneur

9:00 am: Registration
(Coffee/Donuts for Sale by County Council of Senior Citizens)

9:30 am: Free BINGO (Bring your own Daubers)

11:45 am: Lunch Menu: Egg Salad over greens, Bow Tie Pasta Salad, Cucumber Salad, Fresh Fruit Salad, & Blueberry Crisp

12:30 pm - 1:30 pm: Musical Entertainment by The Bloom Brothers (Outdoor Pavillion)

Lunch Tickets MUST be Reserved in Advance
Call (315) 386-4730 / RSVP by August 7th!

Suggested Lunch Contribution for 60 and up: \$5.00
Guest Fee (Under 60): \$10.00

***No lunch tickets or take out meals will be available at the registration table that day.**

In collaboration with St. Lawrence County Office for the Aging and Cornell Cooperative Extension

BINGOcize!

Bingo + Exercise = Bingocize

A fun **10-week** health promotion program that combines the game of bingo with inclusive exercises for everyone!

Every Monday and Thursday
Starting July 14th, 2025
at 2:30pm at:

The Clifton-Fine Community Center
4208 State Highway 3,
Star Lake, NY 13690

Registration is limited AND required.
Call 315-386-4730 to be connected with a NY Connects Staff Member to register.

Free prizes and lots of smiles!!

Fall Prevention Workshop!

Cornell Cooperative Extension
St. Lawrence County

CORNELL COOPERATIVE EXTENSION IS AN EMPLOYER AND EDUCATOR RECOGNIZED FOR PROVIDING EQUAL PROGRAM AND EMPLOYMENT OPPORTUNITIES IN ACCORDANCE WITH APPLICABLE LAWS. PLEASE CONTACT THE CORNELL COOPERATIVE EXTENSION OF ST. LAWRENCE COUNTY OFFICE IF YOU REQUIRE ACCOMMODATIONS.



Hospice Myth Busters

The care and compassion Hospice provides to patients and their families at end-of-life is amazing to witness. However, there are some common myths about Hospice that float around the community. Talking about Hospice and end-of-life care can make people anxious but knowing the truth about how Hospice helps can make those conversations a little easier.

Myth 1: People receiving Hospice care at home cannot leave their homes.

Hospice patients can still go into the community. We have patients who go to their hairdresser, church, coffee hour with friends, grandchildren's graduations, the casino and even hunting. Hospice is there to make sure the time you have left is *quality time*. If getting out of the house is something you're still able to do, go for it!

Myth 2: Once you're receiving Hospice care you must have someone with you 24/7.

If you start receiving Hospice care while you're still able to safely care for yourself, we encourage you to remain as independent as possible. Hospice does not provide around-the-clock care, but we help by ensuring you have a plan in place for when you do need around-the-clock care.

Myth 3: Hospice is only for the last few days of life.

People who would benefit from Hospice need a diagnosis with a life expectancy of 6 months or less. If you choose to receive Hospice care sooner you, and your family, get help longer which gives you more quality time together. We can do a lot in a few weeks but imagine how much more comfortable you'll be with your care team if you've known them for months.

Appointments Appreciated

With summer here and staff taking much deserved vacations, there will be days where we have more limited staffing levels in the office than normal. If you have a question or concern, please call ahead to make an appointment, rather than just stopping by, as we might not have a staff member here to readily assist you. Scheduled appointments allow us to plan for the time needed to spend helping you with your concerns. We want to give you our fullest attention and be able to best serve you. Making an appointment in advance allows us the opportunity to provide better service to you. Please call (315) 386-4730 to schedule an appointment. *Thank you.*


Office for the Aging Home Care Program & Respite Program

ARE YOU IN NEED OF HOME CARE? OR HAVE A LOVED ONE WHO IS?

Are you 60 or over and in need of home care services or respite services? The Office for the Aging is accepting referrals for the Expanded In-Home Services for the Elderly Program (EISEP). The home care program assists elderly, fragile, individuals to help maintain quality of life at home. **EISEP** provides personal care including bathing, dressing, grooming, and meal preparation to County residents who **are non-Medicaid eligible**. Services provided may be on a cost-share basis depending on income levels. The Respite Program offers respite opportunities to qualifying caregivers. Call today to learn more!

Contact: NY CONNECTS - (315) 386-4730

(EISEP is supported by the NYS Office for the Aging and St. Lawrence County)



JULY PACKAGE (\$20.50)

- Italian Sausage, 1 lb
- Flounder Fillet, 1 lb
- Marinated Beef, 1 lb
- Ground Chicken, 1 lb
- Hotdogs, 1 lb
- White Rice, 1 lb
- Mixed Vegetables, 1 lb
- Strawberries, 1 lb
- Green Beans, 14.5 oz
- Mandarins, 11 oz
- FRESH PRODUCE #1
- FRESH PRODUCE #2

Payment is due at time of order. Checks payable to: Potsdam Neighborhood Center

Orders are accepted at the following locations:

- Potsdam NC: 315-265-3920
- Canton NC: 315-386-3541
- Parishville NC: 315-244-0069
- Gouverneur NC: 315-287-3370
- Massena NC: 315-764-0050
- Massena Salvation Army: 315-769-5154
- Canton Housing: 315-386-8381
- Online at: foodsense.foodbankcny.org

July Specials

Chicken Breast, 2 lbs avg. for \$7; boneless.

Pork Tenderloin, 1.65 lbs avg. for \$5; all-natural, vacuum-sealed.

Pantry Box, 8 items for \$12.50; pancake mix (32oz), toasted oat cereal (15oz), pears (15oz), elbow macaroni (1lb), strawberry spread (19oz), carrots (15oz), pancake syrup (24oz), and peanut butter (16oz).

American Cheese, 5 lbs for \$13.50; sliced, NOT individually wrapped.

Onion Rings, 2.5 lbs for \$9; ready to cook in oven or air-fryer.

Shrimp (raw), 2 lbs for \$10.50; farm-raised, individually quick frozen, easy-peel.

Orders due: 7/11
SNAP deducted: 7/13
Pick-up: 7/24

Food Sense Program

The Food Sense Program is a fantastic option to help stock up your pantry and refrigerator at a low cost.

There are no income limits for this program. It is open to anyone. If you do have SNAP benefits, you can use your card for payment!

Senior Club News & Events

Massena Seniors:

July 15th - Picnic at Massena Intake
July 19 - Dance

For more information,
call Bonnie at (315) 769-7810

All the local Senior Clubs welcome new members at anytime! Call our office at (315) 386-4730 to receive the latest Club Directory!

*If you would like your Club's information included in future newsletters—please email information to cdelosh@stlawco.gov. The deadline for the upcoming month's newsletter is the **15th of the month**.



Community Health Center of the North Country Joins Medicare Fraud Patrol

Community Health Center of the North Country (CHCNC) is honored to announce Josh Whitmarsh, COO OPWDD Programs, Cynthia Wells, Outreach and Enrollment Coordinator, Abby Duquette, Quality and Compliance Manager, and Susan Schrader, Coordinator - Community Friendship Volunteer Program have all been certified as Senior Medicare Patrol (SMP) volunteers after going through rigorous training at the end of 2024.

Senior Medicare Patrols (SMPs) empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling, and education. "As the Outreach and Enrollment Coordinator for Community Health Center of the North Country, I have been working with older residents who have been affected by Medicare Fraud, and reporting the abuse to our Senior Medicare Fraud Patrol. Our New York Statewide Chapter of Senior Citizens approached Community Health Center of the North Country to partner with them, and of course we were honored to do so" said Cynthia Wells.

Medicare fraud is big business for criminals. Medicare loses billions of dollars each year due to fraud, errors, and abuse. Estimates place these losses at approximately \$60 billion annually, though the exact figure is impossible to measure. Your local SMP is ready to provide you with the information you need to PROTECT yourself from Medicare fraud, errors, and abuse; DETECT potential fraud, errors, and abuse; and REPORT your concerns. SMPs and their trained volunteers help educate and empower Medicare beneficiaries in the fight against healthcare fraud.

Maria Alvarez, Executive Director of the Statewide Senior Action Council said, "We are thrilled to have Community Health Center of the North Country join our SMP partnership initiative. As a trusted source in the community, CHCNC is positioned to help inform on how to prevent, detect, and report Medicare fraud, ensuring the safety of Medicare beneficiaries and the preservation of Medicare dollars for future generations."



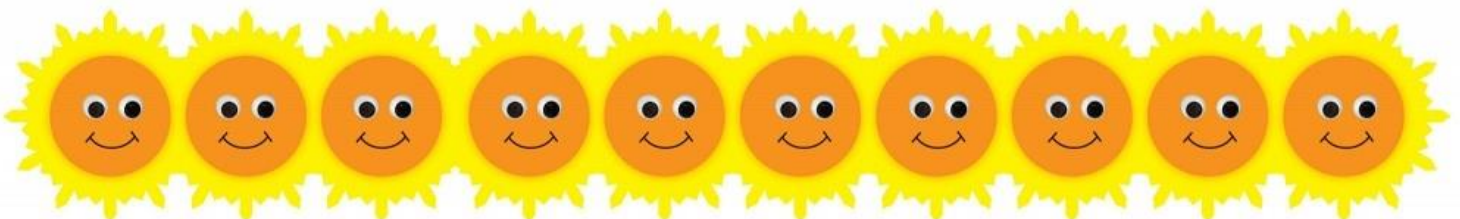
4 Commerce Lane
Canton, NY 13617
P: 315.386.8191 | F: 315.386.1410

77 West Barney Street
Gouverneur, NY 13642
P: 315.287.4440 | F: 315.287.1858

380 County Route 51
Malone, NY 12953
P: 518.483.0109 | F: 518.483.0115

102 Ford Street
Ogdensburg, NY 13669
P: 315.713.9350 | F: 315.713.9351

146 L. Arsenal Street, Suite 8
Watertown, NY 13601
P: 315.786.0983 | F: 315.786.0994



Recipe Corner ...**Easy Stuffed Zucchini Boats**

Easy Stuffed Zucchini Boats are the perfect way to enjoy your fresh summer zucchini! Tender zucchini filled with a silky meat sauce, topped with cheese and baked until tender.

**Ingredients:**

2 large zucchini, 1 onion, 1 clove garlic, 1 lb. ground beef, 1 tomato diced, 1 bell pepper diced, 1 cup pasta sauce or marinara divided, 1 1/2 teaspoons Italian seasoning, 1/4 teaspoon pepper, 1 cup mozzarella cheese divided

Directions:

1. Preheat oven to 400 degrees F.
2. Brown ground beef, onion and garlic, until no pink remains. Drain any fat. Stir in 1/2 cup pasta sauce, tomato, bell pepper and Italian seasoning. Let simmer 10 minutes. Remove from heat and stir in 1/2 of the cheese. (For a Healthier Option—Choose Ground Turkey or Chicken instead of Ground Beef)
3. Slice zucchini lengthwise and scoop out the center to create a shell and place in a baking dish. Fill each zucchini with 1/4 of the beef mixture.
4. Spread the remaining 1/2 cup pasta sauce over the zucchini boats and top with remaining cheese.
5. Bake 25 minutes or until zucchini is soft and cheese is bubbly.

Nutrients: Calories 444; Total Fat 31g; Saturated Fat 12g; Cholesterol 102 mg; Sodium 582 mg; Total Carbohydrates 12g; Dietary Fiber 3g; Total Sugars 7g; Protein 28g

Source: <https://www.spendwithpennies.com/saucy-stuffed-zucchini/>

COUNTY OF ST. LAWRENCE

OFFICE FOR THE AGING

IN HOME SERVICES FOR THE ELDERLY EISEP

NON-MEDICAL HOME CARE THAT ASSISTS PEOPLE 60 YEARS OF AGE OR OLDER, WHO ARE NOT RECEIVING HOME CARE SERVICES THROUGH ANOTHER GOVERNMENT PROGRAM, OR MEDICAID ELIGIBLE

AFTER AN IN-HOME EVALUATION, SERVICES MAY INCLUDE:

- ~ Bathing ~ Dressing ~ Toileting ~ Personal Hygiene
- ~ Grooming ~ Skin Care ~ Medicine Prompt
- ~ Ambulation ~ Transfer Assistance
- ~ Record Keeping ~ Record Keeping
- ~ Light Housekeeping ~ Meal Assistance ~ Laundry

CONTACT US

NY Connects
315-386-4730

July 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>All Meals are served with 1% milk</i> <i>*Menu Follows a no salt added and low sugar diet.</i> <i>*If you have a Food Allergy, please notify our office</i>	1 BBQ Riblet on Bun Seasoned Pot. Wedges Sweet Peas Assorted Fruit	2 Fluffy Sausage, Cheese, and Spinach Strata Buttered Carrots Warm Dinner Roll Homemade Dessert	3 Pasta w/ Meat Sauce Italian Blend Veggies Warm Garlic Knot Assorted Fruit	4 4th of July Holiday <i>Nutrition Sites and County Offices Closed.</i> <i>Use Frozen meal.</i>
7 Fish Burger Coleslaw Macaroni and Cheese Fruit Cup	8 Chicken Alfredo Pasta Broccoli Warm Garlic Knot Assorted Fruit	9 Meat & Cheese Sub Three Bean Salad Potato Salad Homemade Dessert	10 Beef Stroganoff Over Brown Rice Vegetable D'Jour Dinner Roll Fruit Cup	11 Goulash Cauliflower Warm Spiced Fruit Corn Muffin Homemade Dessert
14 Mexican Monday! (Chef's Choice)	15 <i>All Nutrition Centers Closed</i> <i>(Staff Training)</i> <i>Use Frozen Meal.</i>	16 Crispy Breaded Chicken Sandwich Mixed Vegetables Oven Fries Birthday Cake!	17 Ham & Au gratin Potato Casserole Green Beans Warm Cinnamon Applesauce Country Biscuit Pudding Cup	18 Cheesy Baked Fish Rice Pilaf Seasoned Cabbage & Carrots Dinner Roll Homemade Dessert
21 Cheeseburger Hash browns Brussel Sprouts Assorted Fruit	22 Chicken Salad Cold Plate Pasta Salad Pickled Beets Kaiser Roll Fruit Cup	23 Sweet & Sour Meatballs over Rice Oriental Veggies Warm Dinner Roll Homemade Dessert	24 Pork Chop Supreme w/ Peppers&Onions Parslied Potatoes Peas and Carrots Dinner roll Assorted Fruit	25 Baked Ziti Zucchini and Yellow Squash Warm Garlic Knot Homemade Dessert
28 Turkey Broccoli Bake over Rice Stewed Tomatoes Warm Dinner Roll Fruit Mix	29 Breakfast Casserole Seasoned Spinach Warm Blushed Pears Assorted Muffin Fruited Yogurt Cup	30 Meatloaf Mashed Potato w/Gravy Vegetable Medley Dinner Roll Homemade Dessert	31 BBQ Chicken Chuck Wagon Corn Baked Beans Corn Muffin Homemade Dessert	<i>Note: If you need to cancel your meal or you will not be home to receive your meal, please call 24 hours in advance:</i> 315-386-4730

ST. LAWRENCE COUNTY OFFICE FOR THE AGING NUTRITION CENTERS

Brasher- LBSH, 32 Church St. Lunch is at 11:30 am.
 Canton- Canton Sr. Housing, 37 Riverside Drive. Lunch is at 11:00.
 Gouverneur- GCC, 4673 SH 58. Lunch is at 11:00 am.
 Morristown- Morristown Fire Hall, 200 Morris St. Lunch is at 11:00.
 Potsdam- Midtown Apt., 28 Munson St. Lunch served at 11:00 am.

All Nutrition Centers are open Monday-Friday.
 Doors open at 10 am.

Suggested Contribution: \$3.00 (age 60+)
 Guest Fee \$10.00—(Under 60)

No eligible client will be turned away due to the inability or unwillingness to contribute.

**MENU IS SUBJECT TO CHANGE
 WITHOUT ADVANCE NOTICE.**
 For more information contact NY
 Connects (315-386-4730)

July Calendar

7/4 Independence Day: All County Offices and Nutrition Centers are closed.

7/7 SLC Board of Legislator's Meeting: 6 pm at 48 Court Street, Canton

7/28 Seniorama: 10 am—2 pm; Akwesasne Bingo Palace Resort



UNDERSTANDING ALZHEIMER'S AND DEMENTIA

An education program presented by the Alzheimer's Association®
This program is supported, in part, by a grant from the New York State Department of Health.



ALZHEIMER'S IS NOT NORMAL AGING.

It's a disease of the brain that causes problems with memory, thinking and behavior.

Join us to learn about:

- » The impact of Alzheimer's.
- » The difference between Alzheimer's and dementia.
- » Alzheimer's disease stages and risk factors.
- » Current research and treatments available to address some symptoms.
- » Alzheimer's Association resources.

Thursday, August 28
11:30 a.m. - Noon

LBSH Housing Corporation
32 Church St
Brasher Falls, NY 13613

To register, please email
vsokolowski@alz.org
or call 315.472.4201

Visit alz.org/CRF to explore additional education programs online and in your area.

ALZHEIMER'S ASSOCIATION
Central New York Chapter

2-40102314

NC Chapter of StateWide Senior Action Council

No Meetings in July or August!

Contact Barb at (315) 261-2980

County Council of Senior Citizens

Next Meeting: July 11th @ 10 am

Midtown Apartments, Potsdam



Find us on:
facebook®

<https://www.facebook.com/stlawrencecountyofficefortheaging>

If you or someone you know 60+ has been a victim of fraud, call the National Elder Fraud Hotline



NATIONAL ELDER FRAUD HOTLINE
1-833-FRAUD-11
1-833-372-8311

